

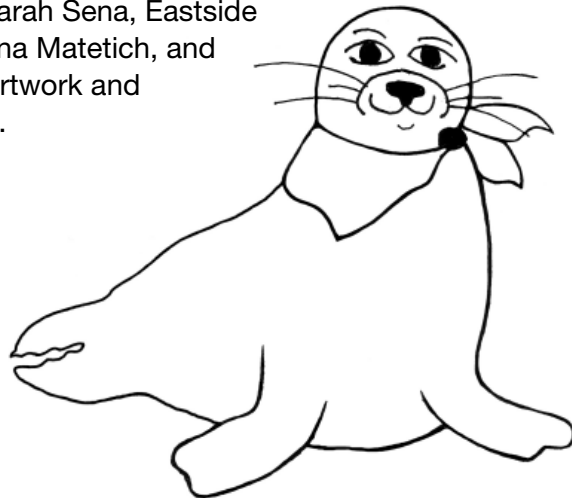
**A special thank you  
to those who made this booklet possible:**

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- Sandi Schram, Domestic Abuse Women's Network (DAWN)
- Simone Tais, YWCA, South King County
- The King County Department of Community and Human Services, Women's Program, Domestic Violence and Child Protective Services Collaboration Project

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# Children's Safety Planning Guide For Parents Or Caregivers



*Dear Parent or Caregiver,*

Everyone in a family should feel safe and loved, yet in many families domestic violence happens. It can happen in a friend or neighbor's family. It can happen in your family. Domestic violence is when a person manipulates, controls, threatens, or in any way harms another person. This includes anything that hurts a person or makes them feel unsafe, including verbal, emotional, mental, or physical abuse.

Domestic violence in a family can make children feel bad about themselves. This can include feeling scared, sad or confused. Children may think the violence is their fault. It can help your children to talk together about their feelings, and how they can be safer when domestic violence happens.

The information in this booklet may help you listen to and talk with your children. Please keep this booklet in a safe place. The booklet was designed for children ages five through ten.

Please take the time to go through the whole booklet as you and your children are ready. There are instructions at the top of each page to help you use this booklet. Find a good time and safe place to do the activities with your children. You may want to do a few pages at a time.

Parents or caregivers may find this difficult to do with their children. There are confidential, community-based domestic violence advocates available to help. Advocates are specially trained to work with families experiencing domestic violence. Their services are provided at no cost. If you would like help from a domestic violence advocate please call:

- **WASHINGTON STATE DOMESTIC VIOLENCE HOTLINE**  
**1-800-562-6025**
- **THE COMMUNITY INFORMATION LINE**  
**211 or 206-461-3200**

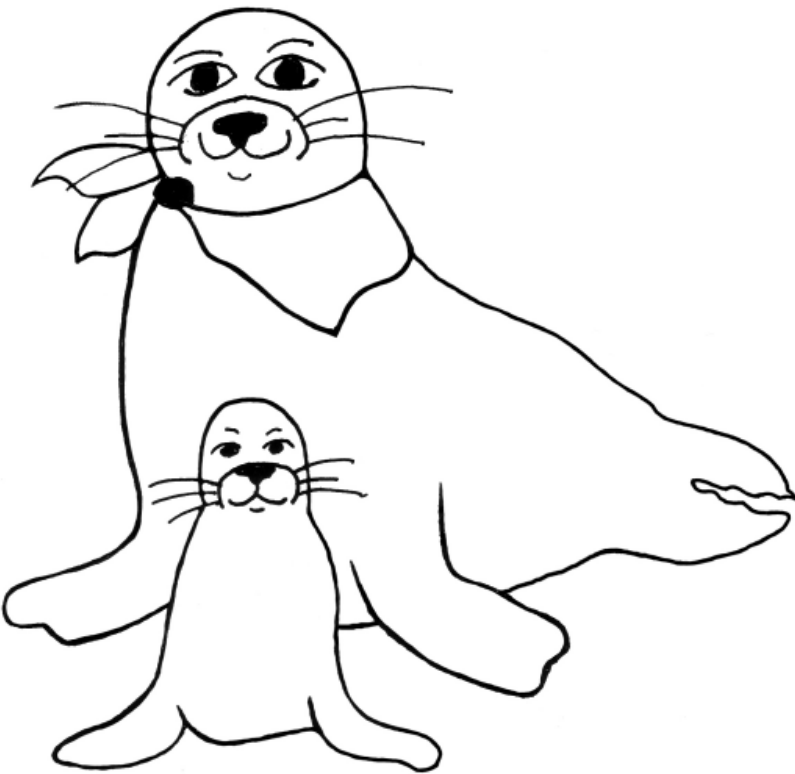
**Please remember, SAFE means:**

**S** is for \_\_\_\_\_

**A** is for \_\_\_\_\_

**F** is for \_\_\_\_\_

**E** is for \_\_\_\_\_



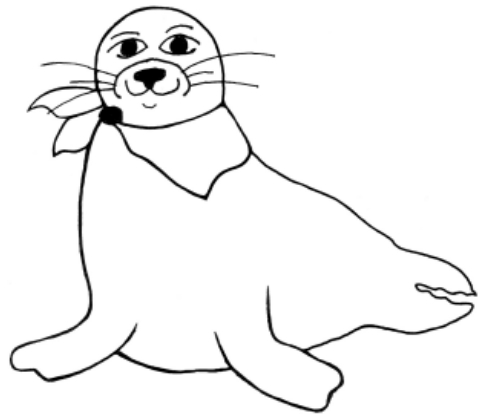
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**Note to Parents**

Read the statements below. Then ask your child what each letter in SAFE means. Let your child know he or she can always talk to you about feelings. Tell your child that it is ok to ask you to talk about the safety plan. Explain to them that if things change in your family, you may need to make a new safety plan together. Give your child lots of praise for doing this booklet.

Sallie says  
**Congratulations!**

You made your safety plan!

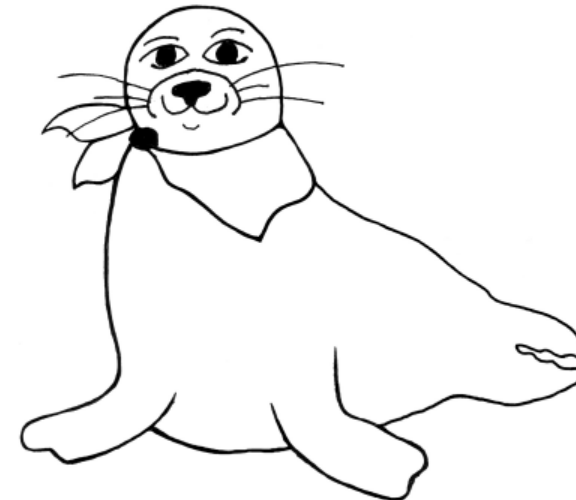


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**Note to Parents**

Read the statement below to your child. Explain that you and Sallie are here to help your child talk about things that may be scary or confusing.

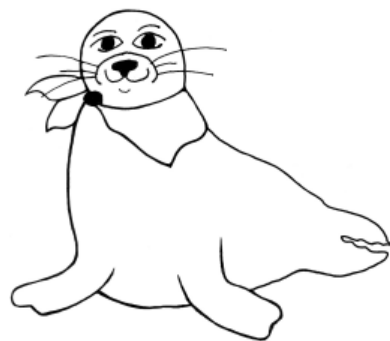
Hi! I am Sallie the Safety Seal.  
I am here to help you talk about  
things that might happen in your  
family that are scary or  
confusing. I am here to help you  
and your family stay safer.



**Note to Parents**

Review the statements below and on the next page. Explain to your child that not all of these things may happen in your family. Ask what things your child has seen happen in your family. Let your child know that you and Sallie are here to help.

Sometimes grownups have problems, and they can get mad or upset. They may call each other bad names and may throw or break things like dishes or toys. When grownups do this they may have mean or scary looks on their faces.



**Stay away from the fight**

Write down some safe places that you can go.

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**Ask for help**

Write down the names of people you can talk to. Write down the things that you could ask them to help you with.

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**Feel safer**

Write down some things you could do that would help you to feel calm and safe.

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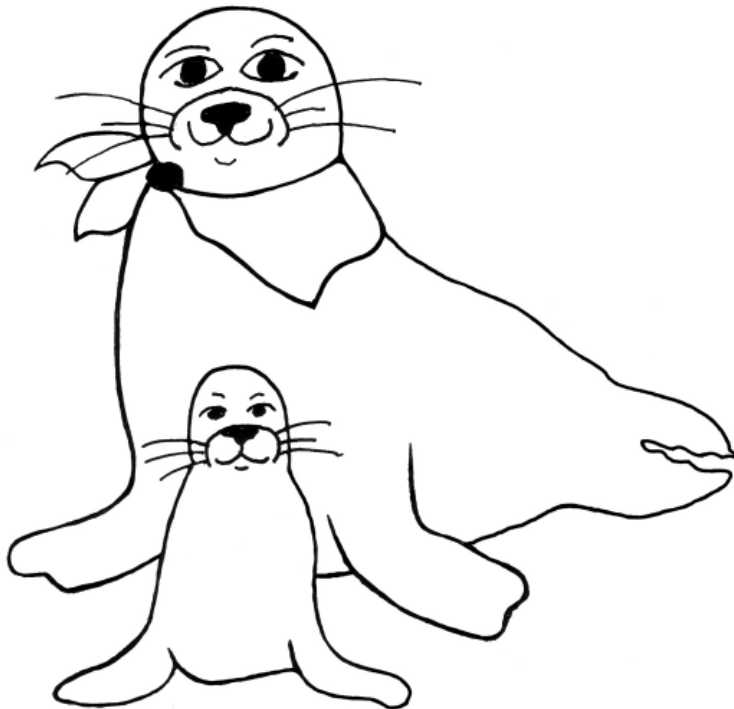
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**Every kid can do this! You can too!**

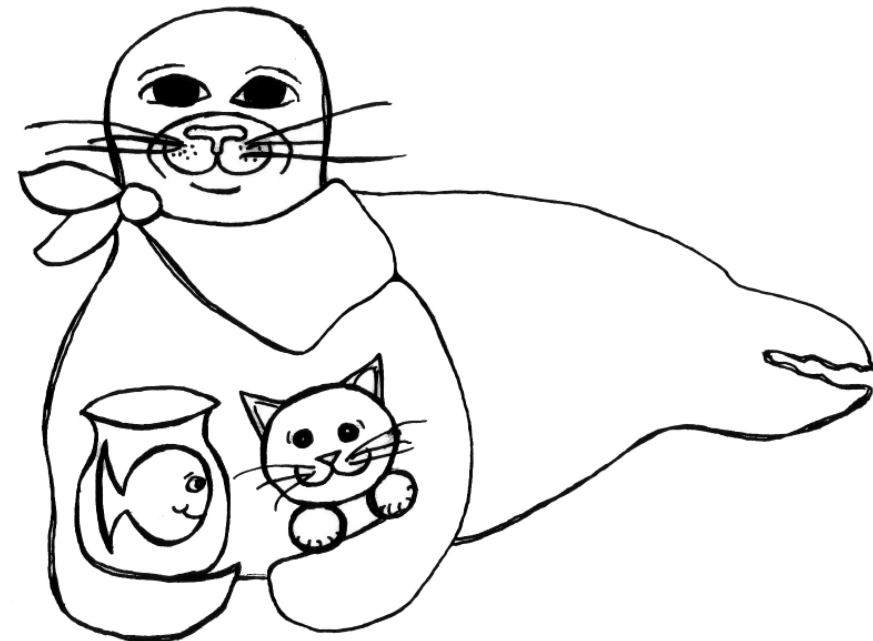
### Note to Parents

Read each of the statements below and on the next page. Then help your child to make his or her own safety plan. Help to identify what are safe things to do while domestic violence is happening. Help fill in each section. Ask your child to please listen and follow your directions if domestic violence happens. This will help you keep your child safer.

Sallie asks that we make a plan  
to help you stay SAFE.



Sometimes they may push or hit  
each other. Someone may get  
hurt or start to cry. Sometimes  
pets can get hurt too. This is  
called domestic violence. Sallie the  
Safety Seal is here to help us talk  
about this.

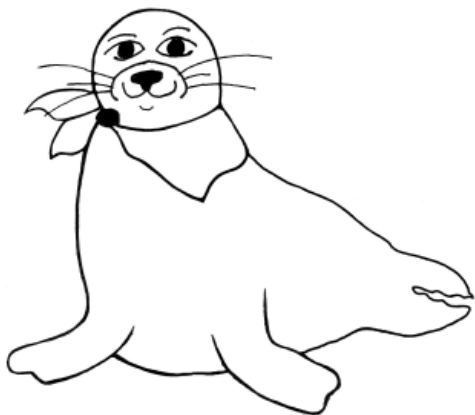


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**Note to Parents**

Read the statements below. Ask your child to look at the pictures on the next page.  
Ask your child to circle the pictures of who in the family he or she wants to keep safe.  
Ask your child to draw pictures of other people or pets in the family to keep safe.

Sallie says when these things happen, it is not your fault! You are not to blame! Sallie wants everyone and everything in your family to be safe. Circle the pictures that show who you want to keep safe in your family.



# SAFE means:

**Stay away from the fight**

**Ask for help**

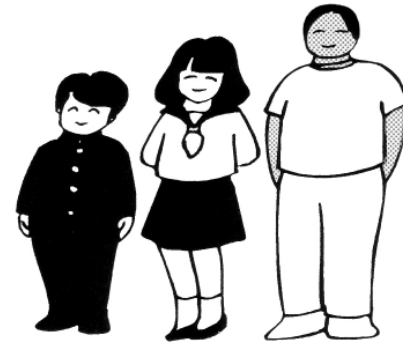
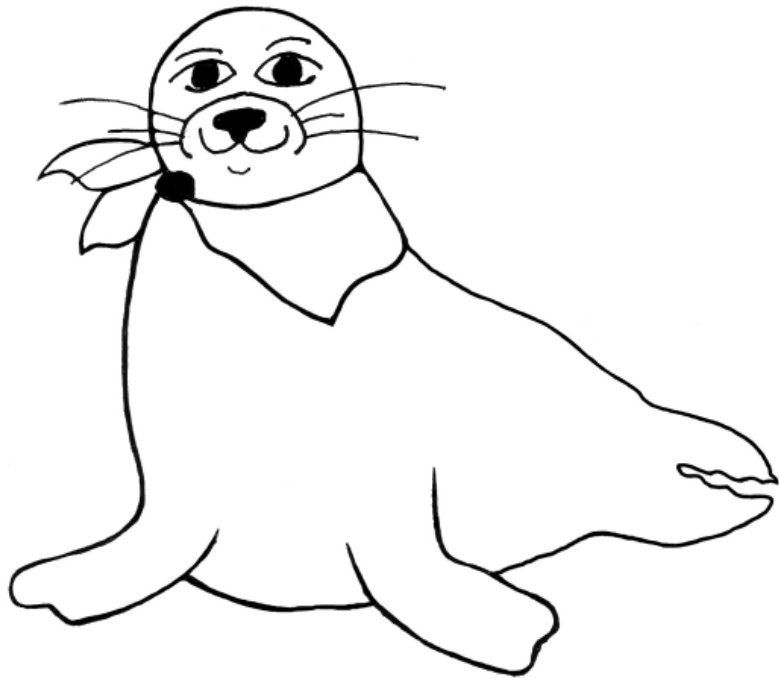
**Feel safer**

**Every kid can do this! You can too!**

### Note to Parents

Read the statements below and on the next page. Spell out the word S\*A\*F\*E for your child and read what each letter stands for. Repeat the letters S\*A\*F\*E. Ask your child to repeat to you what each letter means.

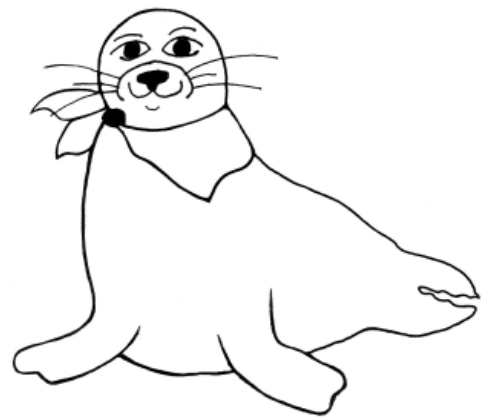
Sallie says you have the right to  
be SAFE at all times.



**Note to Parents**

Read the following statements below. Help your child name his or her feelings. Help find those feeling faces on the next page and circle or color them. If your child talks about other feelings that are not on the page, help draw these feelings on the faces that do not have any pictures on them.

You may have many feelings when bad or scary things happen in your family. Your feelings are important. Circle the faces that show your feelings.



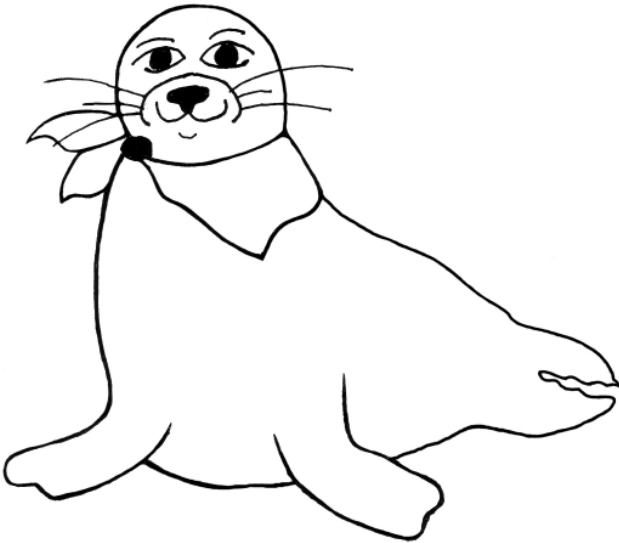
Ride my bike 	Paint or color a picture 	Play a game	
Ask to go to a friend's house	Play with a ball 	Play or listen to music 	
Watch television 	Sing a song 	Read a story 	
Go to a place that I feel safe	Draw my feeling face		



**Note to Parents**

Read the statements below. Then read the boxes. Ask your child to color in the ones that talk about things that he or she could do. Help draw pictures or write down other things to do in the empty boxes.

Sallie says when you feel upset or confused it might help to do other things. The next time you have these feelings what could you do?



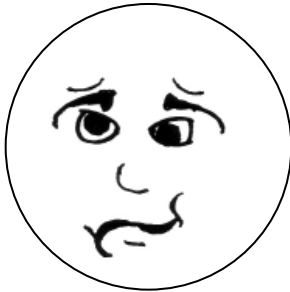
happy



sad



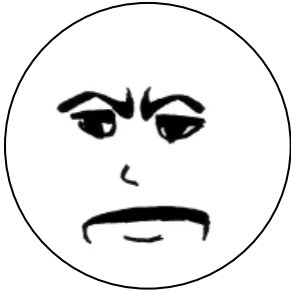
tired



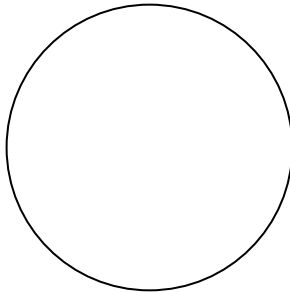
confused



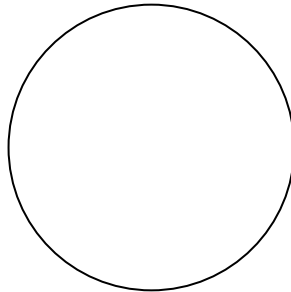
scared



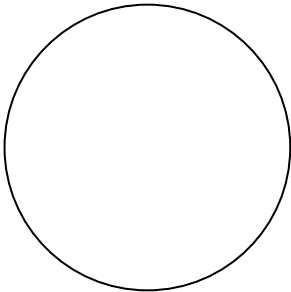
mad



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**Note to Parents**

Ask your child to show Sallie how his or her body feels when someone else in the family gets hurt. Color on the drawing of the bodies in the places where your child has feelings.

When domestic violence happens, you may not feel safe. You may have feelings in different parts of your body, like stomachaches or heartaches or headaches. Sallie wants you to color on the picture where you have feelings in your body.

